

ACTIVITIES AND INTERESTS OF WOMEN—WAR PUTS NEW VALUE ON HOME—ANSWERS TO QUERIES

HOME, SWEET HOME HAS VALUE THAT GROWS DURING WARTIME

Don't Have to Travel to Appreciate It Since Housing Has Become National Problem. Story of French Exiles

THEIR all, there's nothing like our own front-door key. We may think so. There are restaurants to dine in, taxicabs to ride in, trains to travel on and other people's homes to visit. But, when all is said and done, it's pretty good to throw yourself across your own bed and know you're home.

A good many women, and of course men, take their homes for granted. That is the way things are. A person gets used to the glow of the living-room lamp, to the ray of sun that comes through the kitchen window in the morning, and home holds no thrill compared with the advertisements on the railroad folder.

THERE is a little drama going on in France just at this time that ought to make every woman in America sink down into her favorite chair and sit there for a long, long time. It's a brave little drama that doesn't need any thrills in the telling. They are reconstructing French villages and the homes that go to make them up. And the men and women are having pitifully to be allowed not a home anywhere but the very same little plot of ground from which they were driven forth.

Sometimes it seems better in the opinion of those who are mapping out the reconstruction work to let these French people begin life again in other villages than their own. In some cases the little home town is backed to pieces and efficiency points away from the heap of ruins.

IT IS good to know there is a primitive ache for home in the most of us. The ordinary way to enjoy our homes most, I suppose, would be to go away from them for a while, travel a great deal, visit in every spot, and then come back. But queer things happen in wartime, and one of the queer things is that a place to sleep in and something to eat have become two of the most important matters in the world. Housing and eating. Columns of space in the newspapers are devoted to them. The greatest men in the country are putting their heads together about them.

The long and short of it is, in wartime you can skip the ordinary expensive way of giving you an appetite for home. It isn't any fun to travel nowadays, and pretty soon, as said, unnecessary travel is to be done away with.

THE WOMAN'S EXCHANGE

Letters and questions submitted to this department will be written on one side of the paper only and signed with the name of the writer. Special queries like those given below will be answered in this column. All communications for this department should be addressed as follows: THE WOMAN'S EXCHANGE, Evening Public Ledger, Philadelphia, Pa.

TODAY'S INQUIRIES

- 1. Name five labor-saving devices that contribute to the ease of the housewife.
2. What are cooking hags?
3. Why should beans not be served as a vegetable with a meat dinner?
4. What is sealing wax?

ANSWERS TO SATURDAY'S INQUIRIES

- 1. A shepherd's pie is a meat pie with a mashed potato crust. To make it grease a baking dish and cover the bottom with mashed potatoes. Add a layer of cooked minced meat or fish seasoned well and mixed with stock or gravy. Then cover with mashed potatoes and bake long enough to heat through, 30 or 35 minutes.
2. When sewing on heavy material rub the part of the cloth where a seam is to be made with dry soap. This will make the needle go through easily.
3. Hairpins laid in made with crocheted thread on a very strong hairpin used as a crochet fork.

The Servant Girl's Viewpoint

Dear Madam—Some time ago I saw something on the "Woman's Page" about servant girls in the kitchen. I am a servant girl and I have to do a lot of things that you don't know about. I know girls who work with just as much butter as they ever did. I myself have seen them three good fat ones rather than the trouble to save it. I have seen them three pieces of state bread, too, at the same time saying, "Oh, that little bit will never help at all." I have seen them in the mistress of the house to say whether or not meat should be served on a certain day, but just the same there are one hundred and one things for that they do in the kitchen to save.

To Keep the Feathers In

Dear Madam—Could you suggest something that could be done to prevent the fine down coming out of pillows? I have put on the pillow, also unbuttoned button and still it separates to the top pillow slip.

A Better Way

Dear Madam—In the Evening Public Ledger of Friday, February 1, Mrs. V. A. is a letter to a "better" way to get the fine down out of a pillow. I have a very good way. I take a mixture of equal parts of borax and soap. I can get very exact information about any of the matters I have outlined here at the school bureau of Ledger Central, which is on the south side of Chestnut street, a few doors below Broad.

Conduct When Traveling

Dear Madam—I expect to travel soon and will be on the train for several days. What should I take and how should I pack? I am a senior in high school, eighteen years old.

Ask Cake

Dear Madam—Please print a recipe for cake. It is made out of cornmeal. Mrs. M. C. A. M. C.

Big Sisters Against Monday Closing

Mrs. Marion L. Cohen Polak, president of the Big Sisters, an organization of Jewish women, expressed disapproval of the Monday closing order at the association's monthly meeting at 1620 North Broad street, last night. She said hundreds of girls work until nine or ten o'clock at night to make up for lost time.

Society Girls to Be War Aids

Three young society girls have enrolled in the stenography and typewriting course at a Philadelphia business college to prepare themselves for Government service. They are Miss Helen Tower, Miss Hope McMichael and Miss Olivia de B. N. Glasgow.

SLICK SLACKERS HAVE TO "GO SOME" TO FOOL UNCLE SAM



ORPHANS WERE NEVER SO POPULAR... DRAFTEE IS REQUIRED TO BRING FRIENDS TO TESTIFY THAT HIS WAS A VALID LOVE MATCH...



LICENSE CLERKS WORKED OVERTIME...

MUST CLEAR WEDDINGS OF SLACKER'S TAINT

Thousands of Young Men Will Have to Show Uncle Sam Marriage Motives

Thousands of young men of Philadelphia, its suburbs and surrounding counties who married since May 18 last have had an exceedingly ticklish problem thrust upon them by the draft board of their locality—that of proving they did not enter the matrimonial contract as a means of evading service in the National Army.

Editorials for Women by Women

PLUCK WINS IN LONG SUFFRAGE FIGHT

By MARY H. INGHAM

Chairman Pennsylvania Branch National Woman's Party

NOT only the energetic National Woman's party but the Congressmen themselves, both Republican and Democratic, are working vigorously in the Capitol to bring over the last five Senators who are yet in doubt on their votes for or against the Federal amendment. The women believe—and not on their belief—that every man's vote should be assured in advance, so that they will have no uncertainty when the vote is taken.

When President Wilson earnestly advised the Democratic Congressmen to vote for the amendment on January 10 "as an act of right and justice to the women of the country and the world" and five-sixths of the Republicans joined with half the Democrats in putting the resolution through the victory was assured. More than that, the declaration of the President and both parties for immediate action on suffrage as a war measure should forever silence the attacks on the patriotism, the wisdom and the motives of the women who have unceasingly and courageously insisted on this very act of justice.

By the year-long banner campaign, during which the suffrage amendment has never for a week been crowded from the pages of the press and never for a day been entirely out of the mind of the nation, this war measure was won, and won primarily because of the unshakable faith in the justice and righteousness of their cause by the women of America.

Five years ago, after close study of the machinery in State and national constitutions for enacting suffrage legislation, Alice Paul, Lucy Burns and a few other enthusiastic believers in democracy vitalized the movement for the Federal amendment as the quickest method of enfranchisement. Beginning as a committee of the National Suffrage Association, they soon formed an organization of the more radical elements and in a year found themselves outside the educational circle and deep in direct political activity.

By the summer of 1914 the Congressional Union had spread to the North and East and West. It waged a campaign to gather in the woman voter by urging her to vote against the Democratic nominee for Congress because his party had refused to pass the suffrage amendment. The idea was new, but many women responded—enough to make the organization a real power.

Fully aware that the publicity center for national action is Washington, the leaders, now reinforced by a growing membership, which includes the contemporaries of Susan B. Anthony, Mrs. Charlotte Peirce, of Pennsylvania, and the Rev. Olympia Brown, of Wisconsin, the daughters of the early suffragists and an army of young and old and middle-aged women, kept suffrage perpetually before Congress and the country. They lobbied and sent deputations all the year and went into the suffrage States in the campaign of 1916 to defeat the Democratic candidates. By that time the Congressional Union needed a wider organization and became the National Woman's party, with a one-plate platform and the slogan "Suffrage First."

Undiscouraged by the results of the election, they returned to the double task of organization and of using political pressure and publicity on President and Congress.

The outbreak of the war spurred them on and the need of the country for the women inside, not outside, its fundamental organization was published by the pickets to all America and to all Europe. Throughout the extraordinary summer of imprisonments, of attacks by friend and foe, the pickets stood firm with their message and it has been heard.

But not even the splendid gift of free citizenship so near the eager, outstretched hands of American women can fire our patriotism more than the inspiring knowledge of the fearlessness, the undaunted insistence on justice, the unflinching resourcefulness, the keep wit and faith in democracy of the "women of the country and the world."

The National Woman's party is putting the capstone on the structure whose cornerstone was laid by the "pioneers" and its foundations by the laborious educational workers of these fifty years. It is good to feel that the "party" is full of youth and can now go on to be pioneers in the great work of the enfranchised woman for the next fifty years.

Mary H. Ingham

Chairman Pennsylvania Branch National Woman's Party.

REST NEEDED BY TIRED EYES

Advice on preventive medicine will be given by Doctor Kellogg in this column daily, but in no case will diagnosis or treatment of diseases be attempted. Personal queries on health will be promptly answered if postage is enclosed.

By J. H. KELLOGG, M. D., LL. D. NEVER become tired for one of two reasons: either they are overworked, or there is something wrong with the mechanism of the eye—something that prevents perfect adjustment of the two eyes.

Eye tire is one of the most common causes of headache—some specialists go so far, indeed, as to regard it as virtually the only cause. But as it may, prompt relief of eye tire will be found to be one of the surest ways of preventing headache. Leave this eye tired as the first means of relief. Bathing the eyes in hot water is also good.

Sometimes the eyes are inflamed and there is considerable pain. Hot or cold compresses are best in these conditions. A compress for this purpose may be made by taking four or five thicknesses of gauze, or a single thickness of cotton, of a size easily to cover the eyes. A compress thicker than that indicated will retain the heat and thus undo the beneficial effects of the cold.

When the compress is cold water, then lay across the forehead and press down upon the closed eyes. Leave this application in place until it becomes warm or not longer than five minutes, then quickly wet again and apply as before. A good way is to have one or three compresses and cool by laying across a block of ice.

When a hot application is used, the water out of which the cloth is wrung should be as hot as can be borne without discomfort. If there is a tendency of the eyes to become watery, you should be careful to surround their use with the best possible conditions. Reflections from glass desks tops make eye fatigue, as also from mirrors, and even framed pictures, which one's eyes are apt to fall frequently.

The best top for a desk is just blotter, preferably green. Blotter gives no reflection to the eyes, while green is known to be the most restful of all colors. Also the desk should be so situated that the light reaches the desk from the left side—or from the right side in the case of left-handed folk, where the shadows that fall on the desk are deep enough to keep pen or pencil in the shade.

Also it will be well to bathe the eyes often during the day in hot water—cool water will do, provided hot water is not available. When there is the other kind of eye trouble—that which comes from weakness of the muscles that control the eye mechanism. Sometimes there is refraction in one or both eyes, of such a nature that the delicate muscle within the eye which adjusts the lens is kept constantly at work in correcting or attempting to correct the existing defect, and thus overworks and congests the eye and becomes a source of local and even general disturbance.

Another cause is want of balance between the muscles which control the movements of the eyeball. Each eye makes an independent image of the object looked at. For perfect vision it is necessary that these two images should be brought to focus on the retina automatically by the nerve centers which control the movements of the eye in vision.

It will be readily seen that the instan-

Tomorrow Is a Meatless and Porkless Day

This means: NOT TO USE any CATTLE, HOG OR SHEEP products. NOT TO USE LARD or other PORK PRODUCTS, fresh or preserved. TO USE FISH, POULTRY, EGGS and SUEET instead of these foodstuffs. WHEN YOU MARKET TO-DAY REMEMBER TOMORROW.

Tomorrow's War Menu

- BREAKFAST: Sliced Bananas and Cereal, Waffles, Brown Sugar Syrup, Coffee. LUNCHEON: Potato Peanut Loaf, Lettuce, Cocoa, Cookies. DINNER (Wheatless): Baked Beans, Scalloped Tomatoes, Brown Bread, Cream Cheese, Apricot Souffle. POTATO PEANUT LOAF: One cupful mashed potatoes, one-half cupful ground peanuts, two eggs, one teaspoonful pepper, one-third cup milk, two tablespoons cooking oil. Beat eggs, add the other ingredients and place in greased mold. Set in a pan of hot water and bake until firm.—Food Administration.

Venerable Eggs

The first two or three weeks in April will be a good time to eschew hen fruit by those who have no love for the storage variety, observes the Chico Enterprise. The Department of Agriculture of the United States has ordered the cold storage men of Chicago to take out of the warehouse 2,741,764 cases or about 2,000,000,000 eggs, on which the allotted year's time will expire on April 1. Some one must eat those eggs or else the cold-storage men will lose a lot of money. The eggs will doubtless be sent to canneries and will appear in various guises as puddings, in various forms of sweet and puffed crackers and in other disguises. They simply must be absorbed somehow, in order that the American hen may have a clear field for her spring and summer operations and that the cold-storage men's bank accounts may not suffer.

Coffee Poisons

What is the element in coffee which is considered poisonous to health? DAILY BEAVER. Coffee, which is a narcotic poison, and tannic acid, which interferes with the action of the gastric juice. Brewed coffee contains pyridine, a smoke poison produced by the roasting process. (Copyright)

Civil Service Examinations

Open competitive examinations for the positions of library assistant, \$900 to \$1200 a year, and electrician, \$840 to \$1200 a year, March 6, are announced by the United States Civil Service Commission. Applicants will also be required for the positions of inspector of small arms ammunition and assistant, both men and women, at \$1500 to \$2400 a year, and \$400 to \$1500 a year, respectively, and inspector of military trucks, \$1500 to \$2400 a year, 1918. \$900 a year an annual rate of wage pay.

Advertisement for The Fur & Millinery Shop, Inc. featuring One-Third Reduction in Exclusive Fur Garments and Sets. Located at 1423 Walnut Street. Waists and Hats.



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Unusual blouses of Georgette combined with Filet or Val. laces; handkerchief linen and net blouses. Georgette crepe slippers. Tailored shirts, cut on mannish lines with utmost care for detail, in appropriate materials.

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Introducing new notes in suit fashions of the Bonwit Teller & Co. distinctiveness for travel, sport, lounge, pastime wear in fashionable materials.

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Unusual style-themes expressed in sleeveless sport coats. Coats, capes and evening wraps of satin, crepe de chine, velveteen, duvetyne, stockinette.

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